



IMPACT OF KISHORI SAKTI YOJANA FOR THE EMPOWERMENT OF SCHEDULED CASTE WOMEN IN KERALA

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ABSTRACT

Women empowerment has attracted the attention of the researchers as an active area of research since 1980's. It can be viewed as an ultimate as well as a mean to achieve other developmental goals. This study assesses the impacts of Kishori Sakti Yojana for the empowerment of Scheduled Caste women in Kerala. The present study was an attempt to investigate how decision-making ability, educational background, socio-economic conditions, social awareness, self-confidence, self-esteem, leadership qualities are in a way to achieve the goals of women's empowerment. The researcher undertook the study to explore the impact of Kishori Sakti Yojana upon the Scheduled Caste and general beneficiaries of the programme concerned. Impact has been measured by comparing the participants of the programme among Scheduled Caste and general categories. The comparison is based on the primary data collected from the field. For measuring the impact of the Kishori Sakti Yojana women empowerment scale is constructed. Women empowerment was measured by nine dimensions of empowerment i.e. Household decision making ability, Self-confidence, Education, Self-esteem, Health awareness Political decision making, Economic decision making, Legal awareness and Leadership. The study reveals that Kishori Sakti Yojana has been found successful for the emancipation and upliftment of the beneficiaries of the programme. The present study also discusses the limitations of the existing functioning of the programme as well. The study dealt with the challenges and prospects of the empowering programme. On the basis of the findings of the study some suggestions have been given to improve the programme effectiveness and to remove various problems associated with the design and implementation of the programme concerned.

Key terms

Empowerment, Empowerment of women, Impact, Kishori Sakti Yojana, Scheduled Caste.

Introduction

The status of women is affected by the level of their education. As the quality of female education increases, it improves the status of women and has larger impact on demographic behaviour. A mother's education level has a very strong and positive impact on morality and upbringing of her off springs. In traditional Indian society women were given due importance. They were eligible for the study of Vedas and to take part in communal ceremonies and other similar practices. They were recognized as equal as men. The learned women were considered as 'Brahmamardini's'. Later, the position of female education received a great set back due to the deterioration of the religious status and prejudices. The status and lives of women became very pathetic and they exempted from every regular action. From to this age itself women were considered as socially backward and deprived sections. Thus, an empowerment is needed in the field of education and life. The status of women in complex society like ours is not uniform. Within Indian subcontinent, there have been infinite variations of the status of women, differing according to the cultural milieu, family structure, caste, class, occupation, property rights etc. All these factors are significant determinants of variations in her position in different groups. Scheduled Caste women who constitute sizeable population of India is subjected not merely to gender bias, but also to indignities arising out of the age-old tradition of untouchability, marginalization and exploitations from which incidentally the entire social group of Scheduled Cates suffer.

Education is the key instrument for women's development despite the fact that education could also be used to perpetuate subordinate status of women through systematic institutionalization, traditional social customs and reinforcing the gender belief system. Women's educational empowerment is absolutely essential for realizing their status in society.

After independence various measures have been taken to eradicate illiteracy with a view to participate women folk for developmental activities. Moreover, the level of education among women in rural and urban areas has a disparity which leads imbalances causing regional disparity. In the case of scheduled caste, this disparity has been becoming wider and wider in spite of the concerted effort of the government to bring these groups to the main stream of the society. Various Government programmes that have been in operation for the welfare of the Schedule Castes have contributed to their advancement. As a consequence of the welfare measures provided by the government in the form of educational facilities, job opportunities, the status and life sketch of the Scheduled Caste women have improved considerably when compared to earlier periods. But complaints are that a good number of them could not obtain the facilities due to lack of proper method of implementation.

Kishori Sakti Yojana was launched in 2001 as a part of the Integrated Child Development Scheme. This scheme is currently being implemented in 2000 Integrated Child Development Scheme projects. Kishori Shakti Yojana is being implemented through Anganwadi Centres in both rural and urban areas. This scheme aims at breaking the inter-generational life cycle of nutritional and gender disadvantage and providing a supportive environment for self-development. Kishori Shakti Yojana aims at the empowerment and self-development of adolescent girls in preparation to their future productive and reproductive roles as a confident individual not only in family building but also in nation building.

Review of Related Literature

Kaur (2013) in her study 'Micro Finance and women empowerment: a study of Punjab' states that developmental growth of members has significantly increased after joining the Self-Help Groups, except the increase in educational level. However, their literacy level has improved a lot and there was no psychological problem to the members after joining Micro Finance Institutions Rather their confidence has increased to give better work places. There was no problem of husband's alcoholism after joining Micro Finance Institutions. There were no family problems faced by the respondents after joining Micro Finance Institutions. This in turn is helped them to develop and grow, to enhance voicing concerns and revolutionizing attitude of the society towards working women. The study further highlighted that there would be an increase in the empowerment of members with an increase in awareness of entitlements as a member of the group, increased confidence towards work, attainment of skills of work, enhancement in self income and active participation in decision making in the family.

Prabhudas (2011) in his study 'Role of law on economic empowerment of women' reveals that as women receive greater education, they will earn more money. As women earn more money, they spend it in the further education and health of their children. As women rise in economic status, they will gain greater social studying in the household and the village and will have greater voice. As women gain influence and consciousness, they will make stronger claims to their entitlements; gaining better access to credit and higher incomes and command attention of the Police and Courts, when attacked.

Khan (2010) in his study 'socio-cultural determinants of women's empowerment in Punjab' found that women's empowerment was directly or indirectly influenced by the locality of the household. The study revealed that women living in the areas with full amenities of life were more empowered than the women living in the areas with scarcity of these amenities. The socio-economic developments of the area positively influenced the women's empowerment. The women's physical and economic security within their home and outside their home was essential for their empowerment. Study indicated that insecure future and vulnerable position of women within home hindered their journey towards empowerment. The study revealed that husband's co-operation was a source of empowerment for women. The findings of the study further revealed that women's paid job lessened their economic dependency and provided them safe future which ultimately enhanced their empowerment. Study further more revealed that social, moral, and economic support of women, their economic self-reliance and free of threat life is a viable strategy for their empowerment.

Kishore and Gupta (2004) have reported from the evidence from National Family Health Survey (NFHS2) that the status of women, depend on the quality of gender existing in the society. Gender equality, they conceive on the other hand revolve around the clearly defined sex differentiate rights. They identified the role of empowerment in dictating the health and nutritional status of the household, quality and quantity of women resources available for the development and opportunities from their potential.

Gupta and Gupta (2001) in their book, role of women in the 21st century opined that their problems have acquired growing importance in our social milieu, over the last two decades. Hence after realizing the significant role of women, it is desirable that a greater emphasis be given for their all-round development and as such imparting

education and providing employment to this vast segment of population. The plight of marginalized sections and poor women is significant.

Objectives

1. To study the educational empowerment programmes implemented by the Central and state Government for the empowerment of Scheduled Caste women.
2. To study the structure and functioning of Kishori Sakti Yojana in empowering Scheduled Caste women.
3. To assess the role of Kishori Sakti Yojana of Government of India in empowering Scheduled Caste women in Kerala.
4. To assess the participation of Scheduled Caste women in Kishori Sakti Yojana.
5. To study the impact of Kishori Sakti Yojana in the socio- economic status of the Scheduled Caste women.
6. To find out the impact of Kishori Sakti Yojana on the empowerment of Scheduled Caste women based on the following empowerment dimensions.

- Household decision making
- Self confidence
- Education
- Self esteem
- Health awareness
- Political decision making
- Economic decision making
- Legal awareness
- Leadership

7. To find out the impact of Kishori Sakti Yojana on the overall empowerment of Scheduled Caste women.

Methodology

Normative survey method was used for the present study. Considering the different aspects of the study random sampling method was used. Women aged fifteen years and above and are the beneficiaries of the programmes Kishori Sakti Yojana (Scheduled Caste and General Categories) were taken as the population. The sample consists of 152 Scheduled Caste beneficiaries and 155 General beneficiaries and the total sample size was 307. The sample were collected from the empowerment programme implemented area that is, from Calicut (Calicut Urban II) District of Kerala. Due representation was given to the demographic variables selected for the study. To collect the required data from the beneficiaries of the programme various tools were used in the present study. The tools used for the study were the interview schedule, socio-economic status scale, and women empowerment scale. The tools used for the study were constructed and standardised by the investigator with the support of research guide. The data collected is consolidated and tabulated using appropriate statistical techniques and subjected to analysis. The statistical techniques used are t-test, Analysis of variance, and Scheffe's F test.

Sample Selected for the Study

In Kerala, the empowerment strategy Kishori Shakti Yojana is implemented throughout the state. The district of Calicut (Calicut Urban II) was selected for the study. The beneficiaries of Kishori Shakti Yojana, are classified in to two categories, Scheduled Caste and General category of women. Sample is selected by using the random sampling technique from these categories. The break-up of the sample is presented in following table.

Table: 1

Break-Up of the Sample Selected for the Study

Empowering strategy	Details of Beneficiaries			
	Scheduled caste		General	
	Number	Percentage	Number	Percentage

Kishori Shakti Yojana	152	31.80	155	31.25
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Tools Used for the Study

The tools used in the study are; Personal Data Sheet, Interview schedule, Socio-Economic Status Scale and Women Empowerment Scale.

Statistical Techniques Used

The main objective of the study was to find out the effectiveness Kishori Shakti Yojana, for the empowerment of women. For the purpose of analysing the data, t-test for testing the group difference, Analysis of Variance (ANOVA) and Scheffe's were used in the present study.

Findings of the study

Impact of Kishori Shakti Yojana on the Socio-Economic Status of Scheduled Caste Women

Table: 2

Distribution of beneficiaries of Kishori Shakti Yojana to the level of their Socio – Economic Status

Sl. No	Level of Socio – Economic Status	Number of beneficiaries (SC)		Number of beneficiaries (General)	
		No.	Percentage	No.	Percentage
1.	Lower	-	-	-	-
2.	Lower Middle	103	67.76	92	59.35
3.	Middle	49	32.24	60	38.71
4.	Upper Middle	-	-	2	1.29
5.	Upper	-	-	1	0.64

The above table gives a clear picture of the socio – economic status of the members of the Scheduled Caste and general population who are the beneficiaries of Kishori Shakti Yojana. It is seen that a very marginal percentage of members belongs to the middle, upper middle and upper categories. Majority of Scheduled Caste (103 & 67.76%) and general populations (92 & 59.35%) who are the beneficiaries of Kishori Shakti Yojana belongs to the lower middle category on the basis of their Socio – Economic Status. This result is clearly depicted through the figure 5.5

Table: 3

Result of test of significance of difference between mean score of Socio – Economic Status of Scheduled Caste and general beneficiaries of Kishori Shakti Yojana

Groups	N	Mean	SD	t	Significance
SC	152	6.98	1.19	2.79	P<.01
General	155	7.46	1.75		

From the table it is clear that the obtained t value is significant at .01 level of significant. It is inferred that there exists significant difference in the mean scores of socio – economic status of Scheduled Caste and general population of beneficiaries of Kishori Shakti Yojana . From this table it is clear that the mean score of Scheduled Caste women is 6.98 and general category women are 7.46. It is inferred that the Kishori Shakti Yojana is more beneficial to general category of women than that of Scheduled Caste women when considering their socio-economic status.

Impact of Kishori Shakti Yojana for the Empowerment of Scheduled Caste Women Based on Different Empowerment Dimensions

In this section the investigator compared the empowerment of Schedule Caste category women with the general category women as well as the empowerment of both the categories on empowerment programme. Comparison is done for the whole empowerment and its components separately for the Kishori Shakti Yojana.

The empowerment dimensions considered for the study are (1) household decision making, (2) self-confidence, (3) education, (4) self-esteem, (5) health awareness, (6) political decision making, (7) economic decision making, (8) legal awareness and (9) leadership. The nine dimensions of women empowerment and the whole empowerment of Scheduled Caste members are compared with that of general category women. The result of the comparison is presented in following tables.

1. Household Decision Making

Table: 4

Test of significance of difference between the mean scores of respondents with respect to household decision making of the Kishori Shakti Yojana

Group	Number	Mean	SD	t	Significance
General	155	14.19	1.17		
Scheduled Caste	152	14.31	1.15	0.920	P>0.05

Table reveals that Scheduled Caste women have a mean score of 14.31 with a standard deviation 1.15, whereas the members of the general categories have the mean score of 14.19 with the standard deviation 1.17. The critical ratio obtained for the difference of mean score is 0.920. It is less than the value for significance at 0.05 levels. Hence the difference between the mean scores of empowerments of Scheduled Caste and general category is not significant at 0.05 level of significance. It indicates that there is no significant difference between Scheduled Caste and general members of Kishori Shakti Yojana with regard to their house hold decision making empowerment.

2. Self Confidence

Table: 5

Test of significance of difference between the mean scores of respondents with respect to self-confidence of the programme Kishori Shakti Yojana

Group	Number	Mean	SD	T	Significance
General	155	14.19	1.17		
Scheduled Caste	152	14.31	1.15	1.909	P>0.05

Table reveals that Scheduled Caste women have a mean score of 14.31 with a standard deviation of 1.15, whereas the members of the general categories having 14.19 as the mean score and the standard deviation shows 1.17. The critical ratio obtained for the difference of mean score is 1.909. It implies that there is no significant difference between Scheduled Caste and general members of Kishori Shakti Yojana with regard to their self confidence level.

3. Education

Test of significance of difference between mean scores of general and scheduled caste beneficiaries with respect to education-based empowerment of the programme Kishori Shakti Yojana is presented in table.

Table: 6

Test of Significance of Difference between the Mean Scores of Respondents With respect to education-based empowerment of the Programme Kishori Shakti Yojana

Group	Number	Mean	SD	t	Significance
General	155	12.55	2.04		
Scheduled Caste	152	11.38	2.54	4.444	P<0.01

Table reveals that Scheduled Caste women have a mean score of 11.38 with a standard deviation of 2.54, whereas the members of the general categories having 12.55 as the mean score and the standard deviation shows 2.04. The education-based empowerment is higher for General (12.55) than SC beneficiaries (11.38). The critical ratio obtained for the difference of mean score is 4.444. Hence the difference between the mean scores of education-based empowerments of Scheduled Caste and general population are significant at 0.01 level of significance. It indicates that there exists significant difference between Scheduled Caste and general beneficiaries of Kishori Shakti Yojana with respect to their education-based empowerment.

4. Self Esteem

Test of significance of difference between mean scores of general and Scheduled Caste categories with respect to self-esteem for the programme Kishori Shakti Yojana is presented in table.

Table: 7

Test of Significance of Difference between the Mean Scores of the beneficiaries With Respect to Self Esteem self-esteem based empowerment for the programme Kishori Shakti Yojana

Group	Number	Mean	SD	T	Significance
General	155	15.37	2.07		
Scheduled Caste	152	16.06	1.82	3.108	P<0.01

The table reveals that Scheduled Caste women have a mean score of 16.06 with a standard deviation of 1.82, whereas the beneficiaries of the general categories having 15.37 as the mean score and the standard deviation shows 2.07. The critical ratio obtained for the difference of mean score is 3.108. It is greater than the value for significance at 0.01 levels. Hence the difference between the means scores of self-esteem-based empowerments of Schedule Caste

and general beneficiaries are significant at 0.01 level of significance. It indicates that there exists significant difference between Scheduled caste and general beneficiaries of Kishori Shakti Yojana with respect to their self-esteem-based empowerment. It is identified that regarding Kishori Shakti Yojana scheduled caste beneficiaries are showing more self-esteem-based empowerment rather than general beneficiaries.

5. Health Awareness

Test of significance of difference between mean scores of general and Scheduled Caste beneficiaries with respect to health awareness for the programme Kishori Shakti Yojana is presented in following table.

Table: 8

Test of Significance of Difference between the Mean Scores of Respondents with Respect to Health Awareness for the Programme Kishori Shakti Yojana

Group	Number	Mean	SD	t	Significance
General	155	14.34	2.81		
Scheduled Caste	152	16.31	2.28	6.741	P<0.01

The table reveals that Scheduled Caste women have a mean score of 16.31 with a standard deviation of 2.81, whereas the members of the general categories having 14.34 as the mean score and the standard deviation shows 2.28. The critical ratio obtained for the difference of mean score is 6.741. It is greater than the value for significance at 0.05 levels. Hence the difference between the mean scores of health awareness of Scheduled Caste and general beneficiaries of Kishori Shakti Yojana is significant at 0.05 level of significance. It indicates that there is a significant difference of Scheduled Caste and general members of Kishori Shakti Yojana with regard to their health awareness. It is noted that respondents among scheduled caste beneficiaries are showing more health awareness than the general beneficiaries of Kishori Shakti Yojana.

6. Political Decision Making

Test of significance of difference between mean scores of general and Scheduled Caste categories with respect to political decision making for the programme Kishori Shakti Yojana is presented in table.

Table: 9

Test of Significance of Difference Between the Mean Scores of Respondents with respect to Political Decision Making among the beneficiaries of Kishori Shakti Yojana

Group	Number	Mean	SD	T	Significance
General	155	11.46	2.07		
Scheduled Caste	152	9.92	2.43	5.949	P<0.01

The table reveals that Scheduled Caste women have a mean score of 9.92 with a standard deviation of 2.43, whereas the members of the general categories having 11.46 as the mean score and the standard deviation shows 2.07. The critical ratio obtained for the difference of mean score is 5.949. Hence the difference between the mean scores of political decision-making power of Scheduled Caste and general population are statistically significant at 0.05 levels. It indicates that there exists significant difference between Scheduled Caste and general beneficiaries of Kishori Shakti Yojana with respect to their political decision making. It is identified that among the respondent's general beneficiaries are showing more political decision-making power than the scheduled caste beneficiaries.

7.Economic Decision Making

Test of significance of difference between mean scores of general and Scheduled Caste beneficiaries with respect to economic decision making for the programme Kishori Shakti Yojana is presented in table.

Table: 10

Test of Significance of Difference between the Mean Scores of Respondents With respect to Economic decision making of the programme Kishori Shakti Yojana

Group	Number	Mean	SD	t	Significance
General	155	13.09	1.66		
Scheduled Caste	152	13.08	1.66	0.025	p>0.05

The table reveals that Scheduled Caste women have a mean score of 13.08 with a standard deviation of 1.66, whereas the beneficiaries of the general categories having 13.09 as the mean score and the standard deviation shows 1.66. The critical ratio obtained for the difference of mean score is 0.025. It is less than the value for significance at 0.05 levels. Hence the difference between the means score of economic decision-making ability of Scheduled Caste and general population is not significant at 0.05 levels. It indicates that there is no significant difference between Scheduled Caste and general beneficiaries of Kishori Shakti Yojana with regard to their economic decision making.

8. Legal awareness

Test of significance of difference between mean scores of general and Scheduled Caste beneficiaries of Kishori Shakti Yojana with respect to legal awareness is presented in table.

Table:11

Test of significance of difference between mean scores of general and Scheduled Caste beneficiaries of Kishori Shakti Yojana with respect to their legal awareness

Group	Number	Mean	SD	t	Significance
General	155	10.49	2.96		
Scheduled Caste	152	10.98	2.27	1.626	P>0.05

The table reveals that Scheduled Caste women have a mean score of 10.98 with a standard deviation of 2.27, whereas the beneficiaries of the general categories having 10.49 as the mean score and the standard deviation shows 2.96. The critical ratio obtained for the difference of mean score is 1.626. It is less than the value for significance at 0.05 levels. Hence the difference between the mean scores of legal awareness of Scheduled Caste and general population are not significant at 0.05 levels. It indicates that there is no significant difference of Scheduled Caste and general beneficiaries of Kishori Shakti Yojana with regard to their legal awareness.

9. Leadership

Test of significance of difference between mean scores of General and Scheduled Caste beneficiaries with respect to leadership qualities of Kishori Shakti Yojana is presented in table.

Table:12

Test of Significance of Difference between the Mean Scores of Respondents With respect to Leadership of the programme Kishori Shakti Yojana

Group	Number	Mean	SD	t	Significance
General	155	14.52	2.30		
Scheduled Caste	152	15.12	2.11	2.414	P<0.05

The table reveals that Scheduled Caste beneficiaries have a mean score of 15.12 with a standard deviation of 2.11, whereas the beneficiaries of the general categories having 14.52 as the mean score and the standard deviation shows 2.30. The critical ratio obtained for the difference of mean score is 2.414. It is greater than the value for significance at 0.05 levels which is 1.96. Hence the difference between the means scores of leadership qualities of Scheduled Caste and general beneficiaries are significant at 0.05 level of significance. This indicates that there exists significant difference of Scheduled Caste and general members of Kishori Shakti Yojana in respect of their leadership. It is identified that respondents among the Scheduled Caste beneficiaries are showing more leadership qualities than the General beneficiaries.

10. Overall Empowerment

Test of significance of difference between mean scores of general and Scheduled Caste beneficiaries with respect to overall empowerment of respondents of Kishori Shakti Yojana presented in table.

Table:13

Test of Significance of Difference between the Mean Scores of beneficiaries with respect to Overall Empowerment of the programme Kishori Shakti Yojana

Group	Number	Mean	SD	t	Significance
General	155	120.77	9.58		
Scheduled Caste	152	121.41	10.37	0.556	P>0.05

The table reveals that Scheduled Caste women have a mean score of 121.41 with a standard deviation of 10.37, whereas the members of the general categories having 120.77 as the mean score and the standard deviation shows 9.58. The critical ratio obtained for the difference of mean score is 0.556. It is less than the value for significance at 0.05 levels which is 1.96. Hence the difference between the mean score's empowerment of Scheduled Caste and General beneficiaries are not significant at 0.05 level of significance. It indicates that there is no significant difference of Scheduled Caste and general members of Kishori Shakti Yojana with respect to their overall empowerment.

Major Findings and Conclusions of the Study

Analysis of the structure and functioning of Kishori Shakti Yojana for the empowerment of women.

The structure and functioning of Kishori Shakti Yojana

On the basis of the responses gathered from the district project officer and integrated child development service supervisor of Calicut a detailed picture of the Kishori Shakti Yojana activities are received and is presented here. It is identified that the Kishori Shakti Yojana seeks to empower Adolescent Girls, so as to enable them to take charge of their lives. It is viewed as a holistic initiative for the development of Adolescent Girls. According to the Project Officer, Kishori Shakti Yojana organizes various programmes for the upliftment of the targeted group particularly adolescent girls and special considerations are provided for the disadvantaged sections of the society. Kishori Shakti Yojana organize various programmes like career guidance, awareness class on health education, life skill education demonstration classes about spreading diseases, need and significance of nutrition and health, legal rights of women and so on. The Anganwadi Centre generally becomes the venue of such programmes. The Anganwadi teachers and Integrated Child Development Society Supervisors are playing very important role to create active involvement of the public in such programme particularly the adolescent girls to attend such awareness classes and also women in general are encouraged to attend such camps and campaigns.

Impact of Kishori Shakti Yojana on the socio-economic status of Scheduled Caste women.

Considering the programme Kishori Shakti Yojana it is seen that majority of Scheduled Caste (103 & 67.76%) and general beneficiaries (92 & 59.35%) belongs to the lower middle category on the basis of their socio-economic Status. It is identified that the obtained t value is significant at .01 level of significance. It is inferred that there exists significant difference in the mean score of socio-economic status of Scheduled Caste and general beneficiaries of Kishori Shakti Yojana. It is identified that the mean score of socio-economic status of scheduled caste beneficiaries are 6.98 and that of general beneficiaries are 7.46. It is inferred that the Kishori Shakti Yojana is more beneficial to general beneficiaries than Scheduled beneficiaries while considering their socio-economic status.

Impact of Kishori Shakti Yojana on the empowerment of Scheduled Caste women based on different empowerment dimensions.

Household decision making

The study reveals that, in the case of Kishori Shakti Yojana, the difference between the mean score empowerment of Scheduled Caste and General beneficiaries are statistically not significant at 0.05 levels. Therefore, there is no significant difference between Scheduled Caste and General beneficiaries of Kishori Shakti Yojana with regard to household decision making ability.

Self confidence

The critical ratio obtained for the difference of mean score is 1.909 which is not significant even at 0.05 level between Scheduled Caste and General beneficiaries of Kishori Shakti Yojana with regard to self confidence level and both groups are alike.

Education

The difference between the mean score empowerment of Scheduled Caste (11.38) and General (12.55) beneficiaries are statistically significant at 0.05 level. It indicates that there exists significant difference between Scheduled Caste and General beneficiaries of Kishori Shakti Yojana with respect to their empowerment based on education. The empowerment based on education among General beneficiaries is rather higher, than scheduled caste beneficiaries.

Self esteem

The critical ratio obtained for the difference of mean score is 3.108 which are significant at 0.05 levels. The difference between the mean score empowerment of Scheduled Caste (16.06) and General (15.37) beneficiaries are statistically significant at 0.05 levels. It indicates that there exists significant difference of Scheduled caste and General beneficiaries of Kishori Shakti Yojana with respect to their self-esteem based empowerment. It is important to note that among the beneficiaries of Kishori Shakti Yojana scheduled caste are seen exhibited more self-esteem-based empowerment rather than that of General beneficiaries.

Health awareness

The critical ratio obtained for the difference of mean score is 6.741 which are statistically significant at 0.05 levels. The difference between the mean score empowerment of Scheduled Caste and General beneficiaries are significant at 0.05 levels. It indicates that there exists significant difference of Scheduled Caste (16.31) and General (14.34)

beneficiaries of Kishori Shakti Yojana with regard to their health awareness. It is noted that respondents among scheduled caste beneficiaries are seen exhibited more health awareness than that of General beneficiaries.

Political decision making

The difference between the mean score empowerment of Scheduled Caste (9.92) and General beneficiaries (11.46) are statistically significant at 0.05 level. It indicates that there exists significant difference between Scheduled Caste and General beneficiaries of Kishori Shakti Yojana with respect to their political decision making. It is identified that General beneficiaries are showing more political decision-making power than the scheduled caste beneficiaries.

Economic decision making

The difference between the mean score empowerment of Scheduled Caste (13.08) and General (13.09) beneficiaries are not at all significant even at 0.05 levels which indicate that there is no significant difference of Scheduled Caste and General beneficiaries of Kishori Shakti Yojana with regard to their economic decision-making ability.

Legal awareness

The difference between the mean score empowerment of Scheduled Caste and General beneficiaries are not at all significant at 0.05 levels. It indicates that there is no significant difference of Scheduled Caste and General beneficiaries of Kishori Shakti Yojana with regard to their legal awareness.

Leadership

The difference between the mean score empowerment of Scheduled Caste (15.12) and General (14.52) beneficiaries are statistically significant at 0.05 levels. Which indicates that there is significant difference of Scheduled Cast and General beneficiaries of Kishori Shakti Yojana with respect to their leadership qualities. It is identified that scheduled caste beneficiaries are showing more leadership qualities than the General beneficiaries.

Impact of Kishori Shakti Yojana on the overall empowerment of scheduled caste women

The difference between the mean score empowerment of Scheduled Caste (121.41) and General (120.77) beneficiaries are statistically not significant at 0.05 level which indicates that there is no significant difference between Scheduled Caste and general beneficiaries of Kishori Shakti Yojana with respect to their overall empowerment.

Implications of the study

The investigator suggests the following implications on the light of the findings of the study.

Empowerment can be brought about in a sustainable manner through human development of which education would be a prominent component. The co-relation between human development and empowerment needs to be appreciated in order to plan and promote education among women.

Empowerment is a multi-dimensional phenomenon. Empowerment programmes make the Scheduled Caste women more confident, gain self-respect, and create among them the feeling that they are not socially, educationally second-rate citizens, but part of main stream of national life. A remarkable and significant positive change and development is observed among the highest percentage of the beneficiaries of the empowerment programmes. Awareness in many

aspects has provided a strong sense of confidence and capacities for women and further improved skills and capabilities to fabricate remedies for problems in daily life, overcome obstacles and go ahead with determination towards empowerment.

General awareness to the public about the educational empowerment programme which are in the way of uplifting the disadvantaged sections of the society and are able to make them confident to face the challenges of the day to day life. It is identified that in the programme areas, majority of the Scheduled Caste communities are living in the poor hygienic conditions, the presence and active interventionist role of empowerment programmes leads much impact on the socio-economic status of the beneficiaries.

Many dropout children are to be motivated to attend the school regularly especially girls. The poor family backgrounds are seen a lacuna to attend school regularly. They are working in the field of various unskilled sectors to earn their daily bread. Such girls are to be identified and encouraged to motivate to attend the schools which will later help them to lead a fruitful community life.

It is identified that higher educational level of the disadvantaged sections particularly Scheduled caste communities are in general very low especially in technical based vocational education. It is very essential to provide vocational based education according to their needs and aspirations so as to attain economic self-sufficiency. It is identified that various awareness programmes such as health awareness camps, human rights awareness, protection of civil rights, exploitation against dowry, domestic violence is helped the beneficiaries of the programme to fight against all kinds of discrimination and exploitations.

Recommendations

1. Regarding the case of Kishori Shakti Yojana, the study covers Calicut urban II, Further study can be possible throughout the state were the Kishori Shakti Yojana activities are functioning for the empowerment of women.
2. The impact of the Kishori Shakti Yojana programme in empowering the Scheduled Tribe population is possible for further study.
3. A comparative study of the functioning of the Kishori Shakti Yojana programme in Kerala is possible with that of other states in India were ever such empowering strategies are in operation.
4. Target of the programme and level of empowerment achieved by the beneficiaries are not up to the mark, more research is required so as to identify the factors which cause such imbalance.
5. The involvement of the younger women is comparatively higher in empowering strategies and their growth of empowerment is higher. It is essential to find out the root cause of the different factors and level of empowerment and its variation according to different age groups.
6. A comparative study can be attempted on the effect of various welfare programmes of Kerala and Karnataka for the empowerment of women.

Conclusion

There have been concerted efforts by government and other agencies to ensure gender equality. Women's empowerment can only be achieved through integrated and synergetic thinking and action. Women's self-confidence and aspiration levels are indicators of their empowering process, both social and economic. Empowerment is only effective answer to oppression, exploitation, injustice and other melodies of society. Empowerment is both a means to an end and end in itself. The impact of Kishori Shakti Yojana has helped women by taking leadership roles in community development and perceived it as a guiding force for the upliftment of the poor women.

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